






Spruce Park Dates and Events

April 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent is Due 	2	3	4	5	6 
7 Daylight Savings	8	9	10	11 T.A.C. Meeting At 6 p.m.	12	13
14 	15	16	17	18	19	20 T.A.C. Inauguration At 1:00 p.m.
21	22	23	24 Secretaries Day	25	26 	27
28 	29	30				

Cool Calculator Trick

STEP 1: Press any three digits (such as 784)
STEP 2: Repeat the digits (for example, 784784)
STEP 3: Divide by 7
STEP 4: Divide by 11
STEP 5: Divide by 13
Your answer should look very familiar! Now, for a little more fun, multiply by 1001.

Staff

Site Manager
Florence Adams
Assistant Manager
Toni Green

Superintendent
Clinton Evans
Maintenance
Saamee Al-Ansari
Maintenance
Raul Ortega

Hours

Monday-Friday 8:30 a.m. - 5:00 p.m.

ALC-2008-130

Spruce Speaks

55 Spruce Street • Newark, NJ 07102

Phone: (973) 623-2421

Fax: (973) 623-7904

April 2002

The Earth Is Worth It

The quality of our lives depends on a healthy world. Since we receive air, food, water, wildlife, and beauty from the Earth, shouldn't we try to preserve it? Earth Day, April 22nd, is a time to make your life more "Earth friendly."

Find ways to reduce your consumption (turn off unnecessary lights, join a carpool), avoid disposable items (paper plates, diapers, foam cups), and recycle what you can (aluminum, paper, plastic, and glass).



Don't Despair ... Let Us Repair!

You can depend on our efficient maintenance staff to fix any problem in your home. Please contact the office whenever you need a repair. We will schedule you for the next available service call. For the best results, do not report your maintenance needs to a technician you might see on the property. Our maintenance staff will gladly fix your problem, but they cannot submit a work order for you. It is also important that you call us as soon as possible with your maintenance needs, and not wait until the first of the month when you pay your rent. We want to repair that problem before it gets worse, and our staff becomes overloaded with requests during rent-payment time. We appreciate your help!

SOS ... Safety Over Smoke

Your smoke alarm may seem small and unimportant, but it deserves your utmost attention. For the sake of your own home, your family, and your neighbors, please keep your smoke alarm connected and in working order. Test your smoke alarm at least once a month, and call the office immediately if it fails. Remember ... your smoke alarm may save your life one day!

You Add That Special Touch

Our community sponsors several social activities throughout the year. But no matter how many events we plan, they just won't be the same without you. Please try to fit these fun gatherings into your schedule. Our community activities will give you a chance to see your neighbors, meet new friends, and escape from your hectic life for a little while. We also appreciate your ideas for parties, and submissions to this newsletter (such as recipes, birthday and anniversary wishes, poems and other articles.) Share your creativity with your community!



Applaud These Actors In April

Let's hear it for these actors, directors, writers, producers, special effects experts, costars, and the thousands of other people who use their creativity to entertain our world. Here's just a sample of their full-length feature film adventures to be screened in April.

Thriller

Pission Marks (Matthew McConaughey) helps the FBI search for his lover—a man who claims he can destroy evil spirits that infect humans (also with Bill Paxton and Steven Seagal).

Changing Lives

A minor car accident in New York escalates into a feud between a young lawyer (Ben Affleck) and a businessman (Samuel L. Jackson, also with William Hurt).

Murder by Numbers

Sandra Bullock plays a detective who, with the help of her inexperienced partner (Ben Chaplin), tries to uncover what happened to a young high school student.

Dances With

Deer! In *"Wind Talk"* (John Woo), this film depicts a 1976 gang war in Thailand, and how local children respond to its influence (with Matt Dillon and Priscilla Kwan).

One Hour Photo

A photo lab employee (Robin Williams) becomes obsessed with a young suburban family after developing their film.

Arts & Crafts

The Year 2055 (The planet Earth, a lifeline, abandoned wasteland). The plot: Archaeological studies discover two cryptogenically frozen bodies—a young woman, and a large male in a strange mask. Back at the spaceship, the sex begins to rise, unleashing havoc.

Like, or Something Like It

A reporter (Angelica Jolie) investigates a psychic believer man to hear his predictions about a football game. Instead, the man forces that her life will end in just a few days, which sparks her attempt to change the future (also with Edward Burns and Stockard Channing).

High Crimes

With the help of a former military attorney (Morgan Freeman), a San Francisco lawyer (Joshua Jackson) defends his husband (Jon Cavendish), a soldier accused of desertion and participation in an unauthorized battle.



Robin Williams

The list of movies is intended for descriptive purposes only and is not meant to recommend any movie. Group information about the movies is provided, such as rating, release date, and which they will appear. All information is approximate and may change without notice.

29th Annual National Volunteer Week

Americans everywhere are responding to the call to set aside 4,900 hours (the equivalent of 2 full-time years) for volunteer work.

Wondering how to fit 4,900 hours of service to your neighbor and nation into your crowded schedule? It's not as difficult as you might think, and can be done by combining a little effort with a lot of heart.

With a dose of "Celebrate the American Spirit - VOLUNTEER," National Volunteer Week recognizes and commemorates the efforts of volunteers at every level. For volunteers opportunities in your neighborhood or around the world, several sources can locate the perfect assignment for you.

www.volunteermatch.org

Find a volunteer opportunity to fit your interests, or post a volunteer opening that needs people. Enter your zip code, and the web site will produce a list of needs in your area.

www.redcross.org

Each year, over one million Americans serve in Red Cross volunteers. They assist people in emergencies, provide help for the nation's blood supply, and organize programs for both the elderly and youth. Red Cross volunteers work directly with the needs, as well as provide administrative and technical support.



Earth Day Exam

Test your Earth Day knowledge with this questionnaire.

1. How much garbage does each American man, woman, and child throw away every day?

- a. 4.6 pounds
- b. 3.4 pounds
- c. 2 pounds
- d. half a pound

2. How much material was diverted away from landfills and incinerators to recycling in 1999?

- a. 12 million tons
- b. 25 million tons
- c. 32 million tons
- d. 64 million tons

3. How many plastic bottles do Americans use per hour?

- a. 100,000
- b. 2.5 million
- c. 100,000
- d. 1 million

4. If every American recycled his or her newspaper just one day a week, how many trees would be saved in a year?

- a. 500,000
- b. 2,500
- c. 6 million
- d. 36 million

April 21 through 27, 2002

www.usaidvolunteers.org
www.usaidvolunteers.org
www.usaidvolunteers.org
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Small Ways To Make A Big Difference

If you cannot commit to a large volunteer organization, volunteer opportunities present themselves in every day life.

If you've always wanted to try something, but you don't have the experience, volunteer and learn a new skill at the same time.

Help someone write a resume and apply for jobs.

Spend time with disadvantaged children in a "big brother" or "big sister" role. Take them out to eat or to the movies.

Care for animals at a local shelter. Donate food, toys, and blankets to the animals.

Collect coins and blankets for the needy.

Tutor students and help them with their assignments.

Organize a group of friends to pick up litter in your neighborhood.

Visit and play games with residents at a nursing home or orphanage.

Donate blood regularly.

Teach your own skills to others who will benefit from them.

Cook a surprise dinner for a lonely person.

If you know a child who is home alone after school, call him or her.

Donate your own career skills, such as hair styling, car repair, legal services, medical care, child care, financial advice, etc.

Coach a sport.



Made a fresh commitment to treat your planet with kindness and responsibility on Earth Day, Monday, April 22nd. When millions of people use a little less energy and water, recycle even one product, and show support for wildlife conservation — the Earth will respond with beauty and beauty.



April Is Stress Awareness Month

Stress Under
 The longer words in the English language that are never longer than the "stress" and "work" words.

Without stress, life eventually ends. Stress changes our coping skills. However, too much stress drains your level of cortisol, a hormone produced by a body under stress. Sustained levels of cortisol can raise blood pressure, damage the immune system, and impair the ability to lose weight. Surveys and research over the past two decades reveal that:

43% of adult stress-related health efforts due to stress.

Stress-related complaints cause one million workers to miss work on the average workday, adding up to more than 275,000,000 workdays lost annually because of stress.

The proportion of workers also reported "feeling highly stressed" more than doubled from 1985 to 1990.

April has been declared a time to raise awareness of how stress affects our health, and ways to reduce stress in our lives.

On a piece of paper, make two columns — one labeled "Joy" and the other "Stress." Under "Joy" list 10 things that make you happy. Under "Stress," list 10 stressors.

For every stressor, choose at least one joy to associate it. Deliberately plan and anticipate at least one joy for each day.

Stop complaining! It produces stress for you and everyone around you. Even though you may be feeling stressed, angry, or scared about your future, you still need to remain upbeat, positive, and grateful for the things you do. Believe that the situations causing your stress will eventually lead to a great outcome.

Write about a stressful event, with all the details, to ease the burden on your mind and body. Then, either tear up your note and throw it out, or keep it as a diary. You can look back at how you resolved stressful situations in the past.

Stress control along when you wish things were different, but don't use any changes in your life. Research has found that only 20 percent of people who wish for a better lifestyle will take action to change. As famous football coach Vince Lombardi once said, the team that wins not only has a strong desire, but will pay the price to win.

Expect obstacles, resolve them, and the reward will be yours. Now you'll be no longer waiting for something to happen, you're actually doing it.

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